

## Editor's Note

We are enthused to bring forth the 4th issue of GEI Focus this year, the October 2022 issue. In the previous 3 months, we saw a number of activities, some part of 25th year celebration and some as part of special days. The 25th year celebrations continued with a great zeal. We are glad to cover the activities and programs conducted by the departments of cataract and glaucoma in July and Dept of Cornea, Eye Bank and Administration in August. In September we saw activities conducted by Dept of Pharmacy, Facility and Stores, the 25 YEARS Program and the Silver Jubilee CME.

GEI has been shining with our Doctors presenting and winning accolades at National and International platforms.

We are glad to incorporate some amazing art work by our team members and a funny tale with a fiery recipe which makes an interesting read. Hope you enjoy reading this issue!

- Dr Vanashree M Nair



It is estimated that around the world about 1 billion people have poor vision without access to treatment. 90% of the visual problems are either preventable or treatable.

The International Agency for the Prevention of Blindness (IAPB) celebrates World Sight Day every year aiming to draw attention to a range of issues surrounding blindness and visual impairment. This year it is held on Thursday 13th October. This year's world sight day theme is "love your eyes"

The Love Your Eyes campaign encourages individuals to take care of their own eye health and draws attention to over a billion people worldwide who have vision loss and do not have access to eye care services.

This year IAPB is asking members and people across sectors to carry out sight screenings with special emphasis on opinion and decision makers in national parliaments, assemblies, presidential and royal palaces to highlight the importance of eye health. IAPB has suggested 10 practical tips to help you 'Love your eyes'

developing conditions like diabetes or high blood pressure which can affect your sight.

7. Eat a healthy diet. Eating a balanced diet ensures you have the vitamins and minerals that are essential for maintaining healthy eyes.
8. Don't smoke. Smoking increases your risk of developing serious eye conditions and permanent sight loss.
9. Book an eye test to detect problems before they arise.
10. Prioritize your eyes - you need them to last all your life. You should have your eyes checked every 1-2 years.

Take care to avoid injuries to your eyes by wearing protective shields or goggles whenever needed. Even seemingly minor injuries should not be ignored and one should not try to take out foreign bodies on their own especially the ones on or near the cornea (black of the eye). 20-40% of diabetics have diabetic retinopathy and 60% of Diabetics over 15 yrs can develop it. All diabetics need to have a dilated eye check up at the time of diagnosis and then according to the stage of disease as suggested by the doctor and should have good glycaemic control. Glaucoma (due to high pressure within the eye) is the second most common cause of blindness. It is known as the "silent thief of vision" because most of the times when we detect it the disease would have progressed and the treatment becomes less effective. Half of those with glaucoma don't know that they have the disease. Periodic eye checkups are needed to detect this, especially in those with a family history of glaucoma, those who had injuries to their eyes or those who are using steroid preparations in their eyes. Compliance to treatment is very important since it is asymptomatic in most cases. Those who wear high power glasses for short sight need to have dilated retinal evaluation every 1-2 years or immediately if they develop symptoms like floaters or flashes. Don't treat your eyes on your own for any problems. It is better to consult an ophthalmologist whenever you have any eye problems.

By taking care of your eyes most of the eye diseases can be detected early and treated appropriately.

Dr Sandhya N

## 25th year programmes

### July month's program organized by Dept. of Cataract & Glaucoma



Awareness session and training on 'proper use of eye drops' by Dr Manju Anup

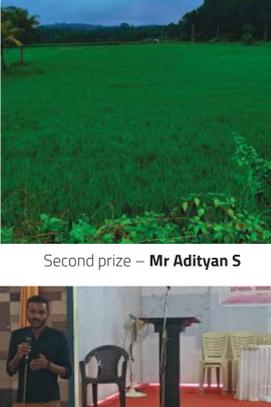


Cataract awareness interactive session by Dr Lakshmi, Dr Tintu Susan and Dr Juhy Cherian

### August month's program organized by Dept. of Cornea, Swarnam Eye bank and Administration



Mr Riyasudheen lead the Eye donation awareness session at National Eye Donation Fortnight program conducted by NPCB & VI - Enakulam



Street play performance @ Oberon Mall on the occasion of National Eye Donation Fortnight on 27/08/2022

### Dept. Of Cornea, Administration and Swarnam Eye bank combinedly conducted a patient survey related to our services and a photography contest

#### Prize winning photographs



First prize - Dr Hazeeb



Second prize - Mr Adityan S



Mr Riyasudheen at an interactive session on eye donation conducted by Vypin Block panchayath on 11/09/2022

### September month's program organized by Dept. of Facility, Dept. of Pharmacy & Stores



Dr Saikumar releasing the handout on the administration of eye drops, prepared by team Pharmacy



Dr Gridhar inaugurating the Blood donation camp at GEI organized by Departments of Facility and Central Stores



Volunteers from GEI in action for a noble cause



Winners of Onakody, as part of the patient engagement program conducted by Departments of Facility and Central stores



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## Conferences & recognitions



Silver Jubilee symposium of Gridhar Eye Institute inaugurated by Dr Arup Chakravarty, President - Kerala Society of Ophthalmic Surgeons



Dr Sobha Sivaprasad received the 6th SSM Oration award at the Silver Jubilee Symposium 2022



Dr Jiz Mary Santhosh and Dr Shebin Salim from GEI, were winners in posterior segment and miscellaneous categories respectively.



Dr Mahesh O received the Jethwa Hospital Oration Award at 49th All Gujarat Ophthalmological Conference 2022 in September



Dr. Jiz won first prize in the E-Poster session, titled 'Serial imaging of the notch in Retinopathy of Prematurity' in the recently held 5th World Retinopathy of Prematurity 2022 congress at Dubai from the 1st to 4th of September 2022.



Dr Anubhav Goyal presented a paper on 'Unusual Retinopathy of Prematurity worsening in a moderate premature baby born to a Covid positive mother' in the 5th World Retinopathy of Prematurity 2022 congress at Dubai



Dr Jiz Mary Santhosh presented a paper at 40th ESOPRS conference at Nice, France, on the topic 'to develop a treatment protocol for medical management of superior limbic keratoconjunctivitis, under guidance of Dr Marian Pauly.'



Moments of the Silver Jubilee celebration of GEI at Chackolas pavilion, kalamassery



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## Art Corner



Acrylic painting by Dr Aparna Anand - "Lord Krishna-Muraleedharan"



Artwork by Amal V M, Optometrist



Artwork by Susmi Hameed, Optometrist

## Recipe by Dr Sumana Moorthy

### A Gandhi Connection

My paati (Grand Mother) was a very mild and easy going person who would never hurt a soul..

However, if anyone outside the Ganesan clan (My Grandpa) eats her Gandhi chutney, they would disagree.. and say she's 'borderline evil'.. However, even though the spice blows off the top of their head, they still wouldn't be able to stop eating - So paati isn't really accountable for anything after the first bite..

Needless to say, the organ burning, yet flavour packed, has traveled three generations.. While paati used just onions and unspeakable amounts of chilli, my version includes a clove of garlic and ends with a tadka in gingelly oil, mustard seeds, and curry leaves.

Just keep a glass of chilled milk by your side and you'll be fine.

Recipe  
Makes for 2  
Shallots - 12-15  
Red chillies - 5-6 soaked in warm water for 5 minutes  
Garlic - optional (1 clove)  
Tomato - optional (half)  
Salt  
Grind in the above to a fine paste  
Heat oil in kadai, add gingelly oil, 1 TSP mustard seeds and some curry leaves. Add tadka to the chutney.

Goes great with hot idlis, dosa, or even molla gabajji



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